

## ORTHOPEDIC ASSESSMENT CLINIC LOCATIONS

### Cambridge

Cambridge Memorial Hospital  
700 Coronation Boulevard  
ph: 519-621-2330 x1128

### Guelph

Wellington Ortho & Rehab  
86 Dawson Road, Unit 3  
ph: 519-837-2020

### Kitchener

MSK Centre  
675 Queen Street South, Unit 115  
ph: 519-603-0637

## Home and Community Care Support Services Waterloo Wellington

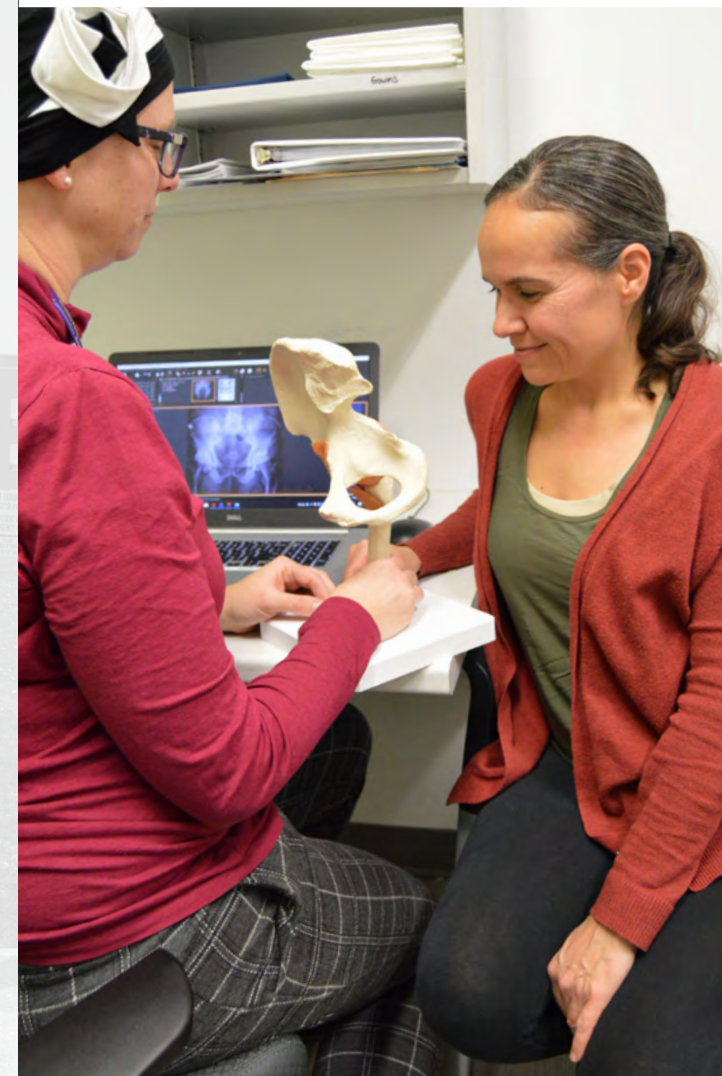
Local: 519-748-2222

Toll-Free: 1-888-883-3313

TTY: 519-883-5589

Website: [www.healthcareathome.ca/ww](http://www.healthcareathome.ca/ww)

Email: [waterloowellington@hccontario.ca](mailto:waterloowellington@hccontario.ca)



## WATERLOO-WELLINGTON REGIONAL ORTHOPEDIC ASSESSMENT CLINIC (OAC)

## PREPARING FOR YOUR APPOINTMENT

- COVID screening – Please self-screen the day before your appointment for COVID symptoms. Please re-schedule your appointment if you have symptoms or are not feeling well. You will also be screened in person the day of your scheduled appointment.
- **Bring a list of your current medications.**
- Wear loose comfortable clothing. Wearing shorts is recommended if your appointment is for your knee.
- Please notify if you would like to bring a support person to your appointment. I.e. translation purposes or other.



## YOUR ASSESSMENT VISIT

You have been referred to the Waterloo-Wellington Regional Orthopedic Assessment Clinic (OAC). The OAC is a specialized clinic that assesses hip and knee osteoarthritis.

Your appointment will be coordinated by Orthopedic Central Intake. You will be called to schedule an appointment. Your wait time could be anywhere from 4-12 weeks for an appointment.

Your appointment will be with an Advanced Practice Clinician who is a physiotherapist. This includes advanced training in hip/knee radiology, as well as the management of hip and knee osteoarthritis. Your appointment will take approximately 60 minutes.

The Advanced Practice Clinician will review your medical history and assess your hip or knee.

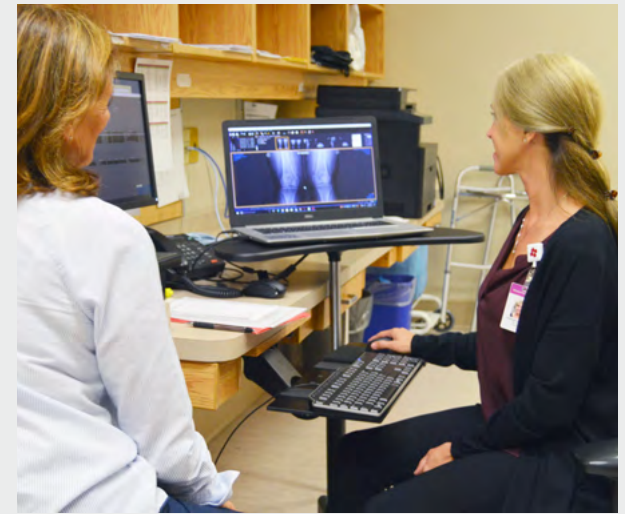
At your appointment, the Advanced Practice Clinician will determine the best approach for improving your mobility and managing pain.



## YOUR ORTHOPEDIC CARE OPTIONS

Following your assessment, the Advanced Practice Clinician will recommend continued conservative management of your hip or knee osteoarthritis or a surgical option.

These recommendations may include a plan for increasing your physical activity, managing your symptoms, weight management, and general strengthening for your hip or knee. You will be provided with information on resources that are available to support you.



If you are being referred for a surgical consultation, a referral will be faxed to the surgeon who will contact you with an appointment time. We will let you know which surgeons have the shortest waiting times for consultation and surgery. You will have a choice of the surgeon you would like to see, as well as the hospital where you would like to have surgery.